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Navy Lodge Bethesda Holds 3rd Annual Diversity Event



Photo by Mass Communication Specialist 2nd Class Brandon Williams-Church

Members of the ethnic band Los Urpis del Peru played traditional songs for Naval Support Activity Bethesda staff and patrons at the Navy Lodge Diversity Event Nov. 20.

**By Mass Communication Specialist 2nd Class Brandon Williams-Church
NSAB Public Affairs staff writer**

If the Navy Lodge Bethesda is known for one thing, it's the excellent service and support that it brings to the mission of Naval Support Activity Bethesda (NSAB). One less known fact about the Navy Lodge

Bethesda is how diverse the staff that provides that excellent service is.

To display this diversity and give NSAB patrons and staff a chance to personally experience pieces of, and learn about the different cultures, the Navy Lodge Bethesda staff recently hosted its 3rd Annual Diversity Event to bring it all together.

Tables exhibiting traditional garb, jewelry, housewares and other country specific artifacts were on display at the

event along with a buffet of ethnic food and music from the band Los Urpis Del Peru for everyone to enjoy. Lodge staff on behalf of 11 countries including El Salvador, Chile, Peru, Guatemala, Dominican Republic, Philippines, Mexico and Barbados all chipped in to show their pride and represent their country.

"On behalf of NSAB Commanding Officer Capt. Bitonti, I just want to thank the Navy Lodge for having this event and

inviting us," said NSAB Executive Director Bill Meekins. "I also want to welcome everybody and thank you for showing your support. What a great opportunity for all of us to get together and demonstrate our cultures that we come from. This is an excellent time for everyone to learn and appreciate other cultures from around the world."

Navy Lodge Bethesda General Manager Ana Herrera-Ruiz, from Mexico herself,

was excited to host the event to showcase her multicultural staff, in honor of letting people see their true colors.

"The importance of holding this diversity event on NSAB is to gain a new perspective of life of others around us as well as around the world," said Herrera-Ruiz. "It's a pleasure for us to have this opportunity to display a little bit of our background for you. This event gives

See **LODGE** page 8

Bethesda Notebook

Breast Cancer Support Group

A breast cancer support group meets monthly at the Malcolm Grow Medical Clinics/Surgery Center in the Global Reach Conference Room at 1050 W. Perimeter Road on Joint Base Andrews, Md. The next meeting will be Dec. 16 from 2 to 3 p.m. The mission of the group is to educate, empower, encourage, and uplift patients and co-survivors during their breast cancer journey. For more information, contact Senior Master Sgt. Demetrica Jefferis at 240-857-3795/3097, or demetrica.l.jefferis.mil@mail.mil; Lisa Harrison at 240-857-8227, or lisa.harrison.3@us.af.mil; or Renetta Cowan-Poland at 240-857-8239 or renetta.weaver@us.af.mil.

NSAB Energy and Technology Fair/Expo

The Naval Support Activity Bethesda (NSAB) Energy Department will host an energy, environmental and technology fair/expo Dec. 10 in the Building 17 atrium and gymnasium from 9 a.m. to 2 p.m. This year's fair will include food at 11:45 (first come first serve), cake and nearly 35 trade energy allies, installation support services and Montgomery County Recycling. All are encouraged to attend as your schedule allows. To register a display for the event, please visit <http://www.fedpage.com/event.aspx?eid=4130>. For questions related to the event, contact NSAB Installation Energy Manager William O. Ortega-Ortiz at William.Ortega-Ortiz@navy.mil.

Commandant's Corner: CNIC Guiding Principles

Team,
Last month Vice Adm. Dixon Smith relieved Vice Adm. French as the fifth Commander, Navy Installations Command (CNIC).



In this month's commandant's corner, I want to discuss Vice Adm. Smith's guiding principles. Guiding principles provide overarching objectives for the enterprise that enable us to develop strategies and set goals for our organizations. We will use this commander's intent to align our actions, aid our decision making and synchronize actions across the enterprise.

CNIC Guiding Principles:

- < **Take Customer Service to the Next Level**
 - o "Can-Do" Attitudes that result in positive experiences
- < **Be Brilliant on the Basics**
 - o Know and execute policy / doctrine; perfect our guidance
- < **Make Smart Business Decisions**
 - o Advance enterprise alignment; seek efficiency and ROI
- < **Live a Culture of Continuous Improvement**
 - o Base appearance, sharing of lessons, critical introspection
- < **Represent Navy to the Surrounding Community**
 - o Installations are the face of the Navy; it's about relationships

Customer Service:

First, we must recognize ourselves as not just a customer service organization but a customer focused organization. As we provide support across our business lines we should never lose focus on the end user, or of the foundational fact that our mission is to enable the mission success of our customers – whether they are mission partner tenants (fleet), individual Sailors or government civilians (fighter) or Navy families. I encourage you to know your customers and communicate with them often and take every opportunity to give your customers a positive experience.

Brilliant on the Basics:

Build a solid foundation based on an expert knowledge of and compliance with governing instructions. Sounds overly simple and perhaps it is, but you need to be clear that you're executing the mission you are supposed to be, in accordance with the appropriate guidance. Put another way, do the right thing, the

right way. If you feel the guidance is not helpful, insufficient, confusing or just flat wrong, raise it to the right level of leadership and let's get it fixed.

Smart Business Decisions:

Improving organizational efficiency is always a worthy objective. In an austere environment – and we are in a long-term austere environment – it's imperative to work hard at executing the mission at the lowest cost, i.e., maximizing efficiency. That is achieved through three basic methodologies: disciplined execution, process improvement, innovation or more likely, some combination of the three. At the same time, we should be looking at getting the most return on our dollars spent, i.e., maximizing effectiveness. Know and understand the difference between efficiency and effectiveness – they aren't the same thing and they aren't mutually exclusive – we should carefully evaluate which approach is appropriate for the particular situation.

Continuous Improvement:
Do not use COL 4 as a crutch. Leverage your resources to execute functions in a manner that is representative of this professional organization. Your team deserves to be proud of the service they provide. Find innovative ways to achieve customer satisfaction even when you don't have all the resources we would like. Focus on getting better every day!

Represent the Navy:

This is an "all hands" assignment and our responsibility towards professional conduct does not end at the fence line. We are part of the communities surrounding our installations. The communities in which we live depend on us just like we depend on them. That relationship must be nurtured; never forget that each and every one of us represents the Navy in some way to someone.

I am proud of how far we've come in the past year and you should be as well. These guiding principles provide clear direction on how we should focus our efforts going forward. Please know I am committed towards supporting your efforts in achieving mission objectives.

Thanks Team,
Keep Charging
Rear Admiral Markham K. Rich
Commandant, Naval District Washington
Deputy Commander, Joint Forces Headquarters
National Capital Region (JFHQ-NCR)

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Are You Warm? Give to Others So They Can Be, Too

By Mass Communication Specialist 2nd Class (SW/AW/IDW) Ashanté Hammons, NSAB Public Affairs staff writer

Winter has approached quickly. While many of us prepare our homes, vehicles, and closets for this harsh winter season, we should take the time to remember those around us in need of the winter items we no longer find useful. Naval Support Activity Bethesda (NSAB) Religious Ministry Program and Walter Reed National Military Medical Center (WRNMMC) Army Troop Command (ATC) are partnering to host a winter clothing drive

during December and January.

"It is the season of giving and sharing," said NSAB Religious Ministry Program Chaplain Lt. Christilene Whalen. "We are here to give to those in need and to connect with those people inside and outside of [NSAB's] gates."

Winter clothing donations can include coats, gloves, scarves, and other warm clothing that are new or gently used, according to Whalen.

NSAB's Religious Ministry Program will place clothing donation boxes in Building 17's Atrium and near the Liberty Zone in Building 11. Ac-

See **WARM** page 4



Photo by Mass Communication Specialist 2nd Class Brandon Williams-Church

Coats donated as part of the Winter Coat Drive will be distributed to various local charities.

Persistence, Proficiency Pay Off

Three Walter Reed Bethesda Soldiers Earn Coveted Expert Field Medical Badge

**By Bernard S. Little
WRNMMC Public Affairs
staff writer**

The Expert Field Medical Badge (EFMB) is one of the most prestigious and coveted awards a medical professional can earn in the Army, and three Soldiers from Walter Reed Bethesda recently did just that following an intense week of testing at Fort Bragg, N.C.

Capt. Joseph M. Remeszguerre, Sgt. 1st Class Paul R. Messier Jr., and Spc. Alisha M. Kohler were awarded the EFMB, a symbol of excellence and an outward sign of technical and tactical proficiency in battlefield care, during a ceremony following the final task to earn the badge, a grueling 12-mile road march in full gear, on Oct. 31 at the North Carolina Army post.

With an average pass rate of less than 20 percent, the EFMB is one of the most difficult badges to earn. Across the Army, approximately 10 percent of the nearly 5,000 medics have earned the badge, which dates to 1965, according to U.S. Army officials.

Remeszguerre, Messier and Kohler were joined by 203 other candidates from Army posts across the country to test for the EFMB in October at Fort Bragg. When the dust settled, only 49 of those Soldiers, including the three from Walter Reed Bethesda, earned the badge.



Photo courtesy of Sgt. 1st Class Paul R. Messier Jr.

Following a grueling week of testing at Fort Bragg, N.C. on Oct. 31, Sgt. 1st Class Paul R. Messier Jr., Capt. Joseph M. Remeszguerre and Spc. Alisha M. Kohler are all smiles after earning the Expert Field Medical Badge (EFMB). The EFMB is one of the most prestigious and coveted awards a medical professional can earn in the Army.

A pharmacist, Remeszguerre explained persistence is vital to earning the EFMB.

"Staying persistent during the grueling testing week [is challenging]," Remeszguerre said. "You are exhausted from study halls, testing lanes, day and night land navigation and eating MREs [meals ready to eat]. It was a mental challenge as much as it was physical to continue to push through the experience."

Messier, a surgical non-commissioned officer and senior enlisted leader for perioperative nursing, added, "There were 42 tasks, each with many sub-tasks; one task spanned seven pages. We already knew how to perform a lot of the tasks, but

[during the testing] we were [required] to perform them by a different set of standards."

Testing for the EFMB includes combat testing lanes, hands-on-tasks in communications, common skill tasks, emergency medical treatment, evacuation of the sick and wounded, litter obstacle course, day/night land navigation courses, a comprehensive written test, the 12-mile foot march, cardiopulmonary resuscitation, physical fitness test and weapons qualification. In and of themselves, the tasks are challenging, but candidates are put through the rigors under simulated rifle fire, bomb blasts, smoke and mock casualties screaming for care.

"It's a high-stress situation, which in the real world, someone's life would be on the line," said Capt. Erin Nash, EFMB officer-in-charge, 44th Medical Brigade at Fort Bragg during the testing.

"We're looking for the best in the medical field," said Maj. Scott Donovan, chair of the board evaluating EFMB candidates at the testing. "[The EFMB is] a symbol that you are one of the best in the medical field regarding combat medicine, and it's a reflection on the unit, of how well the unit has been able to train up on medical skills," he added. All three of the Walter Reed Bethesda Soldiers said they prepared "months" before testing for the

EFMB and be able to wear the prestigious badge.

Kohler is a rarity among most candidates who test for the EFMB; she earned the badge on her first attempt.

"It was important to me because I have a strong desire to overcome challenges," said Kohler, a medical laboratory technician. "By earning this badge, I feel as though I have earned the respect of my peers in the Army. I am proud to say that I am a badge holder," added the Linden, Mich., native who's been in the Army two-and-a-half years.

"It is an unquestionable mark of excellence within the Army," said Remeszguerre, who hails from Royal Oaks, Mich.

"The EFMB is one of only two 'expert' badges in the Army. The other is the Expert Infantry Badge (EIB)," added Messier. "[The EFMB] is also more difficult [to earn] because it is a one-shot-one-kill type of testing. In other words, once you fail, you leave. The EIB allows for retesting. I can now encourage my Soldiers and Sailors to attend training, and speak from experience."

"My grandfather was a medic during World War II, and deployed in Europe and the Middle East," Messier continued. "I feel that I have followed, at least partially, in his footsteps, and this is something that would make him proud."

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Photo by Mass Communication Specialist 2nd Class Ashanté N. Hammons

Religious Program Specialist Seaman Mauricio Melo, left, and Religious Program Specialist 2nd Class John Leitzinger, of the Naval Support Activity Bethesda Religious Ministry Department, place coats in a donation box in Building 11.

WARM

Continued from pg. 3

cording to Religious Program Specialist 2nd (RP2) Class John Leitzinger, WRNMMC ATC will put donation boxes throughout the high traffic areas in the hospital.

"We hope to receive enough coats and

winter weather gear to provide people for this winter season," said Leitzinger. "The clothing will be donated to local charities throughout the area."

For more information about the winter clothing drive, please contact NSAB Religious Ministry Program's RP2 John Leitzinger at john.lietzinger@med.navy.mil or WRNMMC ATC POC, Troop Command Sexual Assault Response Coordinator Rosemary Galvan at rosemary.galvan2.civ@mail.mil.

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NSAB MWR Recognizes Aguillon's Hard Work

By Mass Communication
Specialist 2nd Class
(SW/AW/IDW)

Ashanté N. Hammons
NSAB Public Affairs
staff writer

Naval Support Activity Bethesda's (NSAB) Fleet and Family Readiness Director Martin Ruhl and Morale, Welfare and Recreation (MWR) Director Courtney Silvestre held an impromptu ceremony to recognize janitorial custodian Carlos Aguillon's hard work, dedication, and customer service skills at NSAB Nov. 18.

Aguillon, who is originally from El Salvador, has worked for eight years providing janitorial services for NSAB, Walter Reed National Military Medical Center and other government agencies. MWR members, Aguillon's coworkers and people who Aguillon has had the chance to communicate with daily came to the ceremony to show their support and appreciation.

"Carlos is always pleasant, accommodating and detail oriented," said Ruhl. "Customers notice his attention to detail and the outstanding service he provides in making sure the facility meets very high cleanliness standards, and takes



Carlos Aguillon was recognized by the Fleet and Family Program Director and Morale, Welfare and Recreation Director for outstanding customer service at Naval Support Activity Bethesda Nov. 18.

the time to let us know."

According to Silvestre, Aguillon displays an exceptional work ethic and he is greatly appreciated at NSAB.

"His hard work has not gone unnoticed by his colleagues as well as supervisors," said Silvestre.

Aguillon stood in surprise as he heard the thoughtful comments

by Ruhl and Silvestre. He also received a free lunch voucher for the Warrior Café.

"It was a surprise for me," replied Aguillon after receiving so much attention from his coworkers and members of the NSAB team. "I want to say 'thank you' to my coworkers and that they are very dear to me. I am grateful."

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Rocky Raccoon Helps NSAB CDC Kids Learn About Recycling

By Mass Communication Specialist 2nd Class
Brandon Williams-Church
NSAB Public Affairs staff writer

When you think about recycling, the idea of something fun to do rather than a necessary preservation method for the environment is usually not the first thought that comes to your mind. But, throw a six-foot fluffy recycling raccoon into the mix and activities to show why it is important to recycle, and anyone is likely to have a good time.

This is what toddlers at the Naval Support Activity Bethesda's (NSAB) Child Development Center (CDC) experienced recently when NSAB's energy team, Montgomery County Public Works and Rocky the Recycling Raccoon teamed up to teach kids the importance of recycling.

"In general, children are like sponges and soak up information," said CDC Training and



Photos by Mass Communication Specialist 2nd Class Brandon Williams-Church

Chris Loser (far left) teaches children the importance of recycling with an interactive lesson at the Child Development Center.

Curriculum Specialist, Sandra Franklin. "Exposing them to recycling will set the stage for putting into practice what they learned, now and in the future. Having an event that talks about recycling and allowing children to actively participate in recycling gives them an understanding of what recycling is. The children learned what

was recyclable and what was not. They also learned how to recycle. Because they are putting into practice what they learned through the program at the center, it is more than likely they will talk to their parents about it and want to recycle at home. The overall message for children to learn is that recycling saves the en-



Rocky the Recycling Raccoon shares hugs and high fives with children at the Child Development Center after they performed an exercise on the importance of recycling.

vironment and that it is easy to do."

Chris Loser from the Montgomery County SORRT (Smart Organizations Reduce and Recycle Tons) Program visited the preschool classes at the CDC to discuss recycling. Loser showed the children several items and discussed with them if they

were recyclable or trash. The children were then given the opportunity to choose an item from a box and put it in the correct bin. Afterwards children were paid a visit by Rocky the Recycling Raccoon.

"Rocky helps make the event

See **RECYCLING** page 8

Continuous Training

Walter Reed Bethesda Conducts Ebola Preparedness Exercise

By Mass Communication Specialist 2nd Class (AW)
Chris Krucke
WRNMMC Public Affairs staff writer

As part of ongoing efforts to test the medical center's readiness, Walter Reed Bethesda (WRB) held an Ebola preparedness drill Nov. 12. The exercise evaluated how staff would respond in the event they receive a patient exposed to the virus.

WRB's Office of Emergency Management, Emergency Department, Medical Intensive Care Unit, Infectious Disease and Infection Control, along with other departments, provided evaluators the opportunity to assess implementation of key lessons learned during their previous Ebola preparedness drill, held Oct. 24.

"Drills not only give us an opportunity to test all of our protocols and training, but most importantly, provide the opportunity for process refinement," said Christopher Gillette, WRB's emergency manager.

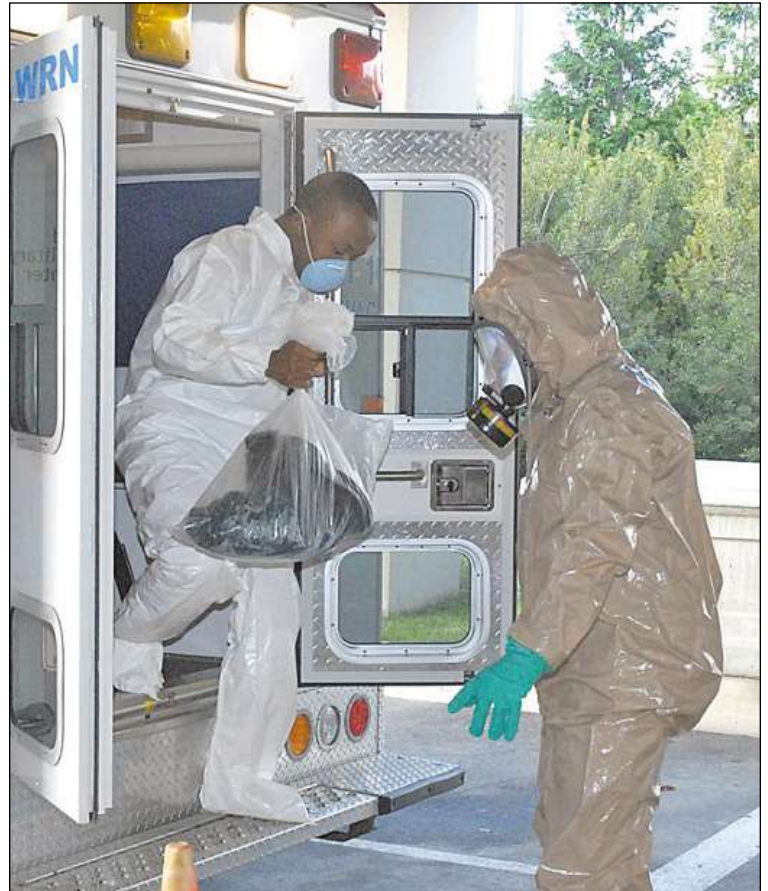


Walter Reed Bethesda staff members participate in an Ebola Virus Disease preparedness exercise with simulated patients at the medical center.

Gillette explained the ongoing drills allow staff to refine procedures, such as making adjustments to the perimeter control plan upon ambulance arrival and patient movement from the ambulance to the Emergency Department, and from the Emergency Department to the Medical Intensive Care Unit (MICU).

"As soon as I take possession of the patient, my goal is now focused on getting the patient to the room via an established route, observing my environment, [and] making sure there will not be any mishaps during transportation," explained Edith Emeagwali, a

See **EBOLA** page 10



Photos by Mass Communication Specialist 2nd Class Christopher Krucke

A mock patient simulating exposure to the Ebola Virus Disease (EVD) arrives at Walter Reed Bethesda during an EVD preparedness exercise.

Staff Takes Center Stage

Event Showcases Talent at Medical Center

By Sharon Renee Taylor
WRNMMC Public Affairs
Staff Writer

Amidst smiles, applause and cheers, 10 crowd-drawing acts shared the stage in the America Building at Walter Reed Bethesda Nov. 19.

From those acts, the Admission Planning Unit (APU) Prescreen Unit "Marvelettes" captured first-place honors during the Resiliency and Psychological Health Staff Talent Show.

Alisa Caldwell, Renee Leach, Melissa Pierre, and Giovanni Muhammad — also known as the APU Prescreen Unit "Marvelettes" — wowed the audience with their coordinated outfits, choreographed dance steps and a cappella finish of a Motown classic.

"We decided to take it back old school with a little flavor and pizzazz, and knew everyone would recognize the group and the song from the 60's,

'Don't Mess with Bill' by The Marvelettes," explained Muhammad, who works as a registered nurse in the APU at Walter Reed Bethesda. "We are all so happy to win the first place trophy and bringing it home to the APU. We look forward to next year!"

Three judges scored the contestants on personality, originality, stage appearance, audience response and overall performance.

"It was a tough competition. I don't know how they did it," said Resiliency and Psychological Health Service Chief and Public Health Cmdr. Dwayne Buckingham.

Buckingham doled out two more trophies and gift cards to the winning second and third-place acts.

As a harmonizing duo from the Pulmonary Department, Army Sgt. Elliot Jackson and Spencer Donerson took second place for their cover of the Christmas classic "Silent



Photo by Sharon Renee Taylor

Alisa Caldwell, Renee Leach, Melissa Pierre, and Giovanni Muhammad, also known as the Admission Planning Unit Prescreen Unit Marvelettes, wow the audience during the Resiliency and Psychological Health Staff Talent Show Nov. 19 at Walter Reed National Military Medical Center.

Night" as sung by the group, Boyz II Men. Donerson said the performance was the first together for the two, who sang five harmonies back-to-back

during the selection.

The APU Prescreen Department proved a hotbed for talent, not only yielding the show's first-place winners, but also

third-place winner and singer Army Spc. Jamie R. Arnold, the unit's non-commissioned officer-in-charge (NCOIC). He performed, "I'll Be" by singer Edwin McCain.

Those who also put their talent on display included Catharine Burke, a mail clerk, who offered a fluid rendition of Celine Dion's "My Heart Will Go On." Army Sgt. Fallon Mitchell, NCOIC of Psychology, read her original poem "I Choose Not to Hide Anymore," accompanied by Army Capt. Randolph Cope-land on the piano.

"Laughter is the best medicine to give a shot of happiness," explained blue-coat-turned-comedian Shay Washington of the Security Department.

Navy Lt. Woody Pierre, a registered nurse in the Surgical Intensive Care Unit, sang a gospel song, "Sometimes I sing to my patients," he told the

See **SHOW** page 8

Walter Reed Bethesda Inducts Newest Members into NCO Corps

By Katrina Skinner
WRNMMC Public Affairs
staff writer

Twenty-six inductees crossed a time-honored line under two sabers to officially join the ranks of the United States Army Non-commissioned Officer (NCO) Corps Nov. 14 at Walter Reed National Military Medical Center.

The ceremony was a celebration of newly promoted Soldiers, emphasizing and building on the pride held by those in the NCO Corps, and also serving as a reminder of those who have already served with honor and distinction.

Sgt. Michael Tellier, recently promoted and inducted into the corps himself, narrated the day's event, linking its historical significance to the distinction of its members.

"With more than 200 years of service, the U.S. Army's Non-commissioned Officer Corps has distinguished itself as the world's most accomplished group of military professionals. Historical and daily accounts of life as an NCO are exemplified by acts of courage, dedication,



Photo by Katrina Skinner

Sgt. Monica Oropeza is congratulated by Command Sgt. Maj. Richard F. Watson as he presents her with the Non-commissioned Officer (NCO) Corps Charge and Creed following her induction into the Army NCO Corps during a ceremony Nov. 14 at Walter Reed National Military Medical Center.

selfless service and a willingness to do whatever it takes to complete the mission. As a result, NCOs have been celebrated for decorated service and military events ranging from Valley Forge to Gettysburg, the charges on Omaha Beach and valleys along the Ho-Chi-Minh Trail. And most recently, the

current conflicts in Afghanistan and Iraq."

"For me, a non-commissioned officer is more than acquiring skills, passing boards and completing courses," Tellier elaborated. "It's a change of mindset that says, 'I will be a professional at all times and in all ways. I will care for and

train my Soldiers, where once I was only concerned with my own training, welfare and mission accomplishment. Today's inductees have risen to this challenge and are ready for recommendation and transition to the corps of the non-commissioned officer."

Command Sgt. Maj. Richard F. Watson III, senior enlisted leader of the Fort Belvoir Community Hospital, was keynote speaker at the induction ceremony. He shared his thoughts on being a successful leader.

"You cannot sit and let life pass you by and remain competitive; you have to hustle," Watson said. "You have to ensure your troops are hustling alongside of you ... that is your reflection as a great leader."

Each Soldier recommended for the promotion to sergeant by a series of leaders, demonstrated skills and abilities, met eligibility requirements and exhibited the potential for greater service to the nation as well as a desire to lead as a non-commissioned officer at a level demanded by the NCO Corps.

During the ceremony, three candles were lit, symbolizing

an important part of the NCO Corps in military history. A red candle represented valor, blood, sweat and tears from the past to the present. A white candle represented purity, innocence as well as camaraderie. A blue candle represented perseverance, justice and the strength of the corps.

The Army's newest inductees to the NCO Corps affirmed their commitment by signing the oath and receiving a copy of the NCO Charge and the NCO Creed.

To Sgt. Trinity Ruiz, her Oct. 1 promotion meant taking care of more than just herself, but also being able to inspire and influence other Soldiers.

"Even if this is not what they aspire to be, whatever they aspire to be, I get to lead from the front and help them reach their goals," said Ruiz.

Watson expressed that it was very important to be a part of the day's ceremony, considering it enlightening to be able to speak to young enlisted leaders. "It's part of the developing process and that's part of our job as non-commissioned officers."

LODGE

Continued from pg. 1

us the chance to show people who may not know about our country of origin, what it is from that country that shaped us into the people who we are today. The diversity celebration gives us the opportunity to view and maybe understand the cultures different from our own. Also, by learning about other cultures we can develop respect and open-mindedness for others.”

With a hard-working staff as diverse as the Navy Lodge Bethesda, it is no wonder that this special event is held every year.

“Diversity can strengthen our military community by the understanding and appreciation of our differences,” said Herrera-Ruiz.



A table exhibiting traditional clothing and artifacts from the country of Chile was on display at the Navy Lodge Diversity Event.



Photos by Mass Communication Specialist 2nd Class Brandon Williams-Church

Navy Lodge Bethesda General Manager Ana Herrera-Ruiz kicks off the diversity event by letting the attendees know of which countries will be on display.

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RECYCLING

Continued from pg. 6

memorable to the children in ways adults talking can’t,” said NSAB Installation Environmental Programs Director Susan Paul. “The long term success of any program starts with how well it’s incorporated into the daily routine. The hope is that Rocky with his recycling message is memorable enough for the children to stick with the recycling program long term. Good habits start at a young age and if we can teach children about recycling and its benefits at a very young age, those good practices become part of their routines and a regular part of their life as they grow up.”

SHOW

Continued from pg. 7

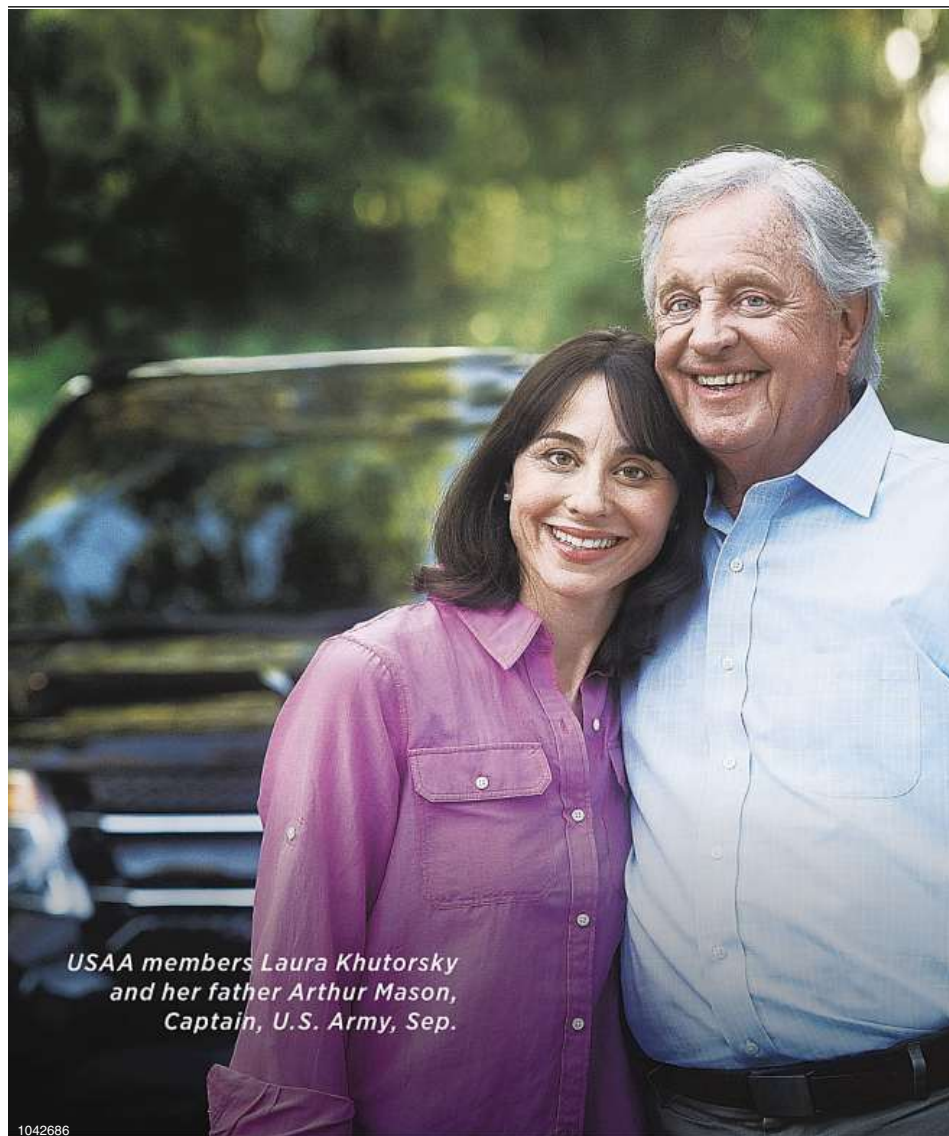
crowd. A general duty corpsman in Pathology, Navy Hospitalman Obiora Eze danced across the stage to rousing beats as the audience cheered.

“I can’t sing, so I’ll just read,” explained Navy Seaman Recruit Sean Liebman, who recited his poetic parody, “It’s Sartin’ to Look a Lot Like Shift Change.” Army Staff Sgt. Josiah K. Stewart, Fourth Platoon Squad Leader for Able Troop, Warrior Transition Brigade, didn’t allow technical difficulties deter him from rendering his version of Lemarvin’s “U Got That” before breaking into a catchy, hip-hop rap.

Public Health Lt. Cmdr. Michelle Tsai, assistant service chief of Resiliency and Psychological Health, said the Nov. 19 showcase was the largest talent show the department has hosted with the greatest variety of talent, participants and crowd to date. The series of talent shows began in 2013 designed to boost staff morale and enhance the emotional well-being throughout the command.

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*Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook* report on Information Security Analysts (Job Outlook, 2012-2022). Published Date: Jan. 8, 2014.

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EBOLA

Continued from pg. 6

MICU staff nurse who participated in the Nov. 12 drill.

“We need to continue to practice and advance the training as we learn more about EVD [Ebola Virus Disease],” said Emeagwali. As more training occurs, she said, “staff [is] feeling more confident.”

All staff members drill continuously throughout the week, at least two to three times, Emeagwali added. She explained these drills include donning and doffing personal protective equipment (PPE). “My chain of command [is] on the ball with passing on new information and giving us positive feedback,” she said.

Gillette recently met with key stakeholders and conducted several internal walk-throughs prior to the EVD preparedness exercise.

“Our staff has been consistently engaged in daily training and process refinement, which was clearly evident

during the drill,” Gillette said. “As always, we will continue to train on staff and patient safety, which is always our first priority.”

He also noted the importance of enhancing communications.

“Communicating in full personal protective equipment is always a challenge, thus WRB is working on alternate solutions,” Gillette said. He added a solution the team came up with was using small, dry erase boards so staff in PPE can write each other short messages.

“The protective gear is quite comfortable,” said Emeagwali. She added the ongoing EVD training builds confidence. “[It] gives you a feeling of appreciation for the confidence that others have in you, to entrust you with caring for this patient and doing your absolute best to keep the patient alive, as well as keeping yourself and co-workers safe from contacting this disease,” she said.

Gillette said overall he had “an extremely high level of confidence with the outcome of the two drills. We are a world-class military treatment facility and our staff is superb.”

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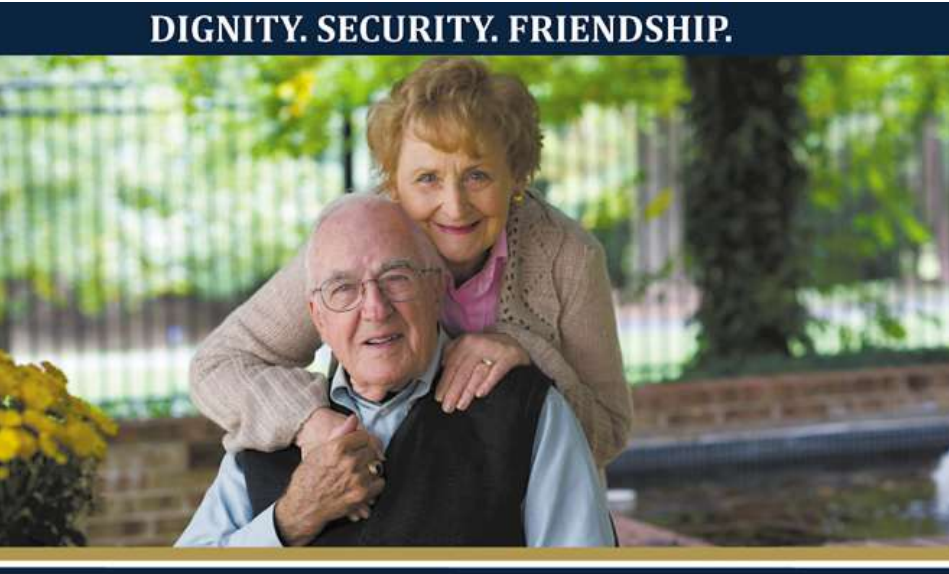
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